

Public Health-Seattle & King County
Violence & Injury Prevention
 400 Yesler Way, Suite 500
 Seattle, WA 98104-2628

Low Cost Bicycle Helmets and Other Bike Safety Programs (Updated July 9, 2004)

Organization	Contact info	Bike Helmets + Custom Fitting	Other services
Auburn Regional Medical Center	253- 833-7711	\$4 2 nd and 4 th Tuesdays every month 3-5:30 p.m. at Main Entrance/ Atrium area	
Bicycle Alliance of Washington	206-224-9252 Linda Schwartz lindas@bicyclealliance.org	----	Consultation and education around bike helmets and bicycle safety
Bike Works	206-725-9408 info@bikeworks.org	Sell but not at low cost http://www.bikeworks.org	Students 9-17 from Rainier Valley and surrounding communities can participate in the "Earn A Bike" Program: for \$25 (scholarships available), students learn how to repair bikes during a 9-week course. They also spend time working on a bike of their choosing, and after a specified number of hours, the bike becomes theirs for free. A helmet and lock are also provided at the completion of the program. Bike Works also sells "recycled" bikes and provides bike repair services to the community.

Cascade Bicycle Club	206-523-1952 Julie Salathe cbcedu@cascade.org	<p>\$10 helmets at 6 Seattle Community Centers, 3rd Saturdays of the month, May through Sept. 2004 10 a.m. – 4 p.m. 5/15, 6/19, 7/17, 8/21, 9/18</p> <ul style="list-style-type: none"> • Queen Anne Pool • Meadowbrook Pool • Green Lk. Recreation Complex • Evans Pool • Medgar Evers Pool • Rainier Beach Rec. Complex • Southwest Recreation Complex <p>\$8 during Bike Lake Washington Saturday & Sunday summer events.</p> <p>Also available from Julie throughout the year by appointment.</p>	Free consultations on bike safety education, safe riding routes; free/low cost helmets, helmet fitting; bike rodeo consultations & equipment; safety brochures & video lending; “Sprocket Hero” assemblies; information about PE curriculum materials.
Children’s Hospital and Regional Medical Center	206-987-5324 Sara Swanson	<p>\$5 helmets and free fittings for adults and children. Offered quarterly in conjunction with Cascade Bike Club.</p> <p>Call for schedule of next fitting event</p>	
Federal Way Helmet Coalition	253-839-6234	\$5 bike helmets, \$7 multi-sport style helmets sold during at least 4 community events per year	
Head Injury Hotline	206-621-8558 Constance Miller www.headinjury.com	Free helmets for children at community events throughout the year	Consultation and education on the long-term effects of head injuries. Speakers’ Bureau that targets messages to any age audience.

			Traveling fee for outside City of Seattle.
Helmets R Us	www.helmetsrus.net 253-627-2121	Sells \$3.95-\$5.95 bike helmets, \$6.50 multi-sport helmets to groups	
Injury Free Coalition for Kids Seattle	206-521-1248 Denise Gonzalez Deniseeg@ u.washington.edu	Low cost helmet sales and fittings offered 3 times a year. Call for dates, times, & places.	Also provides education on other child safety issues including low cost car and booster seats
Mary Bridge Children's Hospital – Tacoma	253-403-4665 Caroline Mayer	\$5 bike helmets \$7 multi-sport style helmets Tuesday 9-11 a.m. Wed. 11-12:30 p.m. Friday 2-4:30 p.m. Life jackets also for sale	Trains teachers to use 4 th grade "Safety Central" curriculum (Federal Way, Auburn, & Pierce Co. schools). Mary Bridge staff comes into classroom to help kids fit their own helmets and take them home for free.
Covington MultiCare Clinic	253-403-4550	\$5 bike helmets \$7 multi-sport style helmets 2 nd Tuesday of every month, 3-5 p.m.	Sponsored by Mary Bridge. Life jackets also for sale at same time.
Kent MultiCare Clinic	253-372-7729	\$5 bike helmets \$7 multi-sport style helmets Every Thursday, 3-5 p.m.	Sponsored by Mary Bridge. Ski Helmets available in November 2004 for \$12
Pediatrics Northwest, Federal Way	253-941-7229	June - September \$5 bike helmets, \$7 multi-sport style helmets 2 nd and 4 th Thursday of every month, 10:30-12:30 p.m.	Sponsored by Mary Bridge. Life jackets also for sale.
Virginia Mason Federal Way Pediatrics	253-874-1616	May – August ONLY \$5 bike helmets \$7 multi-sport style helmets 1 st and 3 rd Thursday of every month, 3-5 p.m.	Sponsored by Mary Bridge. Life jackets also for sale.
Odessa Brown Children's Clinic	206-987-7200 Paula Holmes	Free helmets given out at annual summer health fair in June	
www.prorider.com	Online ordering only	Sell \$4.95 - \$8.95 bike helmets to schools, organizations, & individuals	Also sells multi-sport and ski/snowboarding helmets.
Redmond	Nan Dyer	Custom fit bike & multi-sport	Also sells ski/snowboard helmets

Community Custom Fit Helmet Program	425-556-2632 ndyer@redmond.gov	helmets on site at Redmond Town Center Police & Fire Community Outreach Substation, \$8 - \$15	Pedestrian & bike safety education on-site to students on school field trips
University of Washington Hall Health Primary Care Center	206-616-8476 Mark Shaw	\$12 for helmets that fit ages 9 and up \$30 ski helmets for ages 10+	Call before coming for further info and appointment
Valley Medical Center—Renton	425-656-5577	\$5 1 st Monday of every month 3-7 p.m. VMC Children's Therapy Dept. 3600 Lind Ave. SW, Ste. 160	

Fire and Police	Contact info	Bike Helmets + Fitting	Other Services
Auburn Fire	253-931-3060	--	Incentive coupons*^
Bellevue Police	Officer Rob Wood 425/452-2880	\$5.50 every May at community safety fair	Will work with schools and PTA's to supply helmets, train how to fit helmets, & put on Bike Rodeos.
Black Diamond Fire	360-886-1678	\$5	Incentive coupons*^
Bothell Fire	Lisa Allen 425-486-1678	\$6, by appt. only, primarily Bothell residents only	Incentive coupons*^
Burien Police			Free swim passes to kids wearing helmets
Des Moines Fire			Incentive coupons*^
Duvall Firefighters Assn.	425-788-1625	\$5	
Covington Police			Free swim passes to kids wearing helmets
Enumclaw Police	Sergeant Bob Huebler 360/825-3505	--	Bike officers willing to speak within schools. Incentive coupons*^
Fall City (Fire District #27)	425-222-5841	\$5 donation for helmets at annual summer event and individually at station	
Federal Way (Fire District #39)	253-946-7246 Debbie	\$5 bike helmets \$7 multi-sport helmets	Incentive coupons*^

Federal Way Police			Free swim passes to kids wearing helmets
Kent Fire	253-856-4482	Free for now / limited supply	
Kent Police	Cesi Medina 253/856-5884	Provides helmets to individual students by referral from school staff	Provides bike helmet/safety education to schools. Works a lot within low-income apartment neighborhoods in Kent. Incentive coupons*^
King County Medic 1	206-296-8550	\$6 donation for bike helmets, Available at Flight Museum Kids' Fair & King County Bicycle Fair	Incentive coupons*^
Kirkland Fire	425-828-1293	--	Incentive coupons*^
Maple Valley Police			Free swim passes to kids wearing helmets
Maple Valley Fire	425-432-0200	\$5	
Mercer Island Fire	206-236-5323	\$6 at annual Safety Day	Incentive coupons **
Mercer Island Police	Sergeant Steve Hyatt 206/236-3500		Bike Rodeos for elementary schools
Northshore (Fire District #16)	425-486-2784	\$6 at Lake Forest Park Fire Station daily 1-7 p.m. upon availability	Incentive coupons*^
Pacific Police	Julie Fairbanks 253-929-1120	Provides helmets to community members for up to \$5	Hands out McDonalds' coupons for free ice cream to kids riding safely/wearing helmets.
Redmond (Fire District #34)	425-556-2226	\$6 / \$7-10 multipurpose	Education & consultation Incentive coupons*^
Renton Fire			Incentive coupons*^
Renton Police	Officer Steve Ritchie 425-430-7513	--	Will work with schools as requested and based on time & availability of officers. Free swim passes to kids wearing helmets
Seattle Fire			Incentive coupons*^
Seattle Police			Hand out free swim passes to kids wearing helmets; \$4 off helmet coupons
Shoreline Fire	206-533-6500	\$5 bike/\$7 multi-sport	Education & consultation Incentive coupons*^
Tukwila Fire			Incentive coupons*^
Vashon			Free swim passes to kids wearing helmets

Substation/ KC Sheriffs Office			
Woodinville Fire & Safety	425-483-2131 Dave Leggett	\$5	
Woodinville Police			Incentive coupons*^ + free swim passes to kids wearing helmets

* Subway restaurant coupons handed out to youth riding with bike helmets

^ Subway coupon program organized by Ellen McVicker, Tacoma Fire Department, 253-594-7982, emcvicke@cityoftacoma.org

** Other than Subway, e.g. McDonald's, Baskin Robbins

For changes or comments, please contact Deanne Boisvert at 206-205-5866.